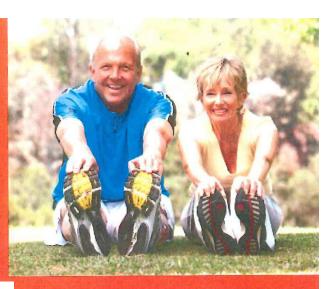
Senior Fitness Program





- Stretching & Flexibility
- Low Impact Aerobics
- Strength & Balance Training

Tuesday, Wednesday & Thursday Mornings 8:00 am -9:00 am

with Shelia George, Certified Fitness Instructor



Pruzin Center
5750 Tyler Street
Merrillville, Indiana 46410